SUNDAY / DOMINGO	
10:00AM	**Rise & Shine**, Veterans Memorial Hall, 60 Lake Road, Congers, NY, 10920 **(O,D,JT,BK)**
5:30PM	**Reawakening**, Good Shepard Luthern Church, 112 North Main Street, Pearl River, NY, 10965 **(O)**
MONDAY / LUNES	
7:00PM	**Spark of Hope**, Christ Episcopal Church, Parking lot on 5 New Street, 14 Union Street, Sparkill, NY, 10976 **(C,D,RF,St,LC)**
7:30PM	**Back to Basics**, Haverstraw Center, 50 West Broad Street, Haverstraw, NY, 10927 **(O,B,NS)**
TUESDAY / MARTES	
5:30PM	**Change or Die**, Quaker Friends Building, 60 Leber Rd, Blauvelt, NY, 10913 **(O,B,RF,WC)**
WEDNESDAY / MIÉRCOLES	
7:30PM	**Starting Over**, Grace Episcopal Church, Enter through two large pillars, stay to the right, walk down the path to the RED Door., 130 1st Avenue, Nyack, NY, 10960 **(O)**
THURSDAY / JUEVES	
7:30PM	**Basic Text Study Group**, Salvation Army Spring Valley Corps. Community Center, 179 N. Main Street, Spring Valley, NY, 10977 **(C,BT,BK)**
FRIDAY / VIERNES	
7:30PM	**The Choice is Ours**, Grace Episcopal Church, Basement, Btwn N Franklin St & N Broadway, 130 First Ave, Nyack, NY, 10960 **(O,B,JT)**
SATURDAY / SÁBADO	
10:00AM	**No Excuses**, Veteran's Memorial Hall, @ Green St., 60 Lake Rd, Congers, NY, 10920 **(C,JT,Pi,BK)**
5:30PM	**The Way It Works**, Foundations Recovery Community Center - RCADD, Back of building, 25 Smith Street, Suite 107, Nanuet, NY, 10954 **(O,IW,St,Tr,BK)**
7:30PM	**Staying Alive**, Grace Episcopal Church, 130 1st Avenue, Nyack, NY, 10960 **(O,B,CL,NS)**

VIRTUAL MEETINGS

Find virtual meetings at newyorkna.org/meetings

MEETING FORMAT LEGEND

B	(Beginners) This meeting is focused on the needs of new members of NA.
BT	(Basic Text) This meeting is focused on discussion of the Basic Text of Narcotics Anonymous.
C	(Closed) This meeting is closed to non-addicts. You should attend only if you believe that you may have a problem with substance abuse.
CL	(Candlelight) This meeting is held by candlelight.
D	(Discussion) This meeting invites participation by all attendees.
IW	(It Works -How and Why) This meeting is focused on discussion of the It Works -How and Why text.
JT	(Just for Today) This meeting is focused on discussion of the Just For Today text.
O	(Open) This meeting is open to addicts and non-addicts alike. All are welcome.
Pi	(Pitch) This meeting has a format that consists of each person who shares picking the next person.
RF	(Rotating Format) This meeting has a format that changes for each meeting.
St	(Step) This meeting is focused on discussion of the Twelve Steps of NA.
Tr	(Tradition) This meeting is focused on discussion of the Twelve Traditions of NA.
WC	(Wheelchair) This meeting is wheelchair accessible.
BK	(Book Study) Approved N.A. Books
NS	(No Smoking) Smoking is not allowed at this meeting.
LC	(Living Clean) This is a discussion of the NA book Living Clean -The Journey Continues.

HELPLINES

Greater New York Regional Helpline	212-929-NANA (6262)
Eastern Long Island Area Helpline	631-689-NANA (6262)
Open Arms Area Helpline	1-800-498-5224
Greater New York Regional Service Office	212-929-7117

SERVICE MEETINGS

PHONE NUMBERS

What is our message?

**The message is that an addict,
any addict, can stop using drugs,
lose the desire to use,
and find a new way to live.
Our message is hope
and the promise of freedom.**

Basic Text, *page 65*

ROCKLAND AREA

MEETING LIST

NOVEMBER 2026

Narcotics Anonymous is not affiliated with any of the facilities where our meetings are held. We list the facilities' names only to make it easier to find our meetings.

Meetings Weekly: 11